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A rainy weekend offered the perfect conditions for Sir Sam's Ski and Ride's annual Spring Splash. For more photos, see inside this edition. /TIM YANO staff photographer

Best sledding season in four years, says HCSA president

THOMAS SMITH
Staff Reporter

"It was a comeback year for us," says Neil Vanderstoop, Haliburton County Snowmobile Association (HCSA) president.

On Sunday, March 16, the HCSA officially closed all snowmobiling trails for the season. Vanderstoop says that this year's sledding season went three weeks longer than what they have seen in recent years. In total, over 1,600 trail passes and 150 multi-day passes were sold by the HCSA.

Vanderstoop estimates that even on their slowest weekends, over 1,000 sleds went across the Rail Trail to Haliburton alone.

This winter's weather started rather dicey, says Vanderstoop. Despite the low temperatures and plentiful snow, the snow covering the forests in Haliburton had a large amount of depth hoar, more commonly referred to as 'sugar snow'. This snow is characterized by large ice crystals that form cup-shaped layers. The snow bonds poorly together when compacted by the snowmobiles, making it unfavourable for sledding conditions. Vanderstoop says that after a brief rain and temperature change, the snow became highly suitable.

Even with their team of groomers maintaining trails throughout the late nights, they would need to be re-groomed by lunch the next day. With this year's

see HCSA page 2

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Local land trust earns national certification

JAMES MATTHEWS

Staff Reporter

The Haliburton Highlands Land Trust is among the first six across Canada to be achieve Conservation Excellence Certification.

The Haliburton group is one of three in Ontario.

The Centre for Land Conservation (CLC) named the local organization to the certification along with the Kawartha Land Trust, Ontario Farmland Trust, and the Couchiching Conservancy in Ontario.

And the designation may aid in raising funds to help continue the land trust's work.

Recent polling shows that accreditation programs like the Conservation Excellence Certification strongly influence donor confidence. As much as 90 per cent of Canadian donors reported increased confidence in third-party certified organizations.

Rounding out the field of six trusts are the Nature Trust of New Brunswick and the Southern Interior Land Trust Society in British Columbia.

The certification marks a significant milestone in the evolution of Canada's land conservation sector, according to the CLC. The six certified organizations represent conservation leadership from coast to coast.

"This certification represents a watershed moment for land conservation in Canada." said Lara Ellis, the CLC executive director.

"These six organizations have demonstrated exceptional commitment to conservation excellence. Their certification signals to donors, partners, and communities that they operate at the highest levels of professional practice and conservation impact."

Protected natural areas are essential to the quality of life of Canadians, providing wildlife habitat and places for recreation, connecting people with nature in their communities, conserving vital biodiversity, and serving as natural carbon sinks that help mitigate climate change impacts.

Organizations are evaluated on conservation outcomes, governance, sustainability practices, strategic planning, and financial management. Certification is valid for four years, with the option to renew.

More than 140 regional and community land trusts operate across Canada. They are non-profit charitable organizations focused on conserving private property through donation, acquisition and conservation agreements.

More than 112,000 hectares of Canada's terrestrial land mass has been protected by the trusts.

The Conservation Excellence Certification Program, supported by Environment and Climate Change Canada (ECCC), philanthropic foundations, and individual donors, promotes conservation excellence through third-party evaluation of conservation impact, governance, and organizational sustainability against nationally adopted standards and practices.

Certified organizations are authorized to use the Conservation Excellence Certification Trustmark and will be listed in a public registry on the CLC website.

Additional land trusts are currently undergoing assessment and the program aims to enroll up to 40 land trusts across Canada by March 2026.

"Ontario Farmland Trust is honoured to receive Conservation Excellence Certification, reaffirming our commitment to protecting Ontario's agricultural and natural landscapes for future generations," said Martin Straathof, executive director at Ontario Farmland Trust.

"We are proud to be recognized for our dedication to the Canadian Land Trust Standards and Practices and to join this inaugural cohort of certified land trusts. We look forward to advancing land stewardship alongside the Centre for Land Conservation and fellow members of the land trust community."

Federal election officially called

EMILY STONEHOUSE

Editor

Here we go again. On March 23, incumbent Prime Minister Mark Carney officially called a federal election. It is clear that the opposing parties were prepared for the announcement; with Conservative MP Jamie Schmale's signs adorning the sides of the road within minutes of the election called.

The date for the election is April 28, and members of parliament are ready for the battle ahead.

Currently, there are four parties lined up for the federal stage: Liberals, Conservatives, New Democratic Party, and the Bloc Québécois.

Liberal Mark Carney has proven himself efficient in the short weeks he has been in the big seat. Carney was born in Fort Smith, Northwest Territories, which makes him the first Prime Minister from the North. He went to Harvard University, and then Oxford with specializations in economics. He won the popular vote by 85 per cent to succeed former Prime Minister Justin Trudeau.

He is up against Conservative leader Pierre Poilievre, New Democratic Party leader Jagmeet Singh, and Bloc Québécois leader Yves-François Blanchet.

The *Echo* will continue to report on developments of this election as they become available.

HCSA prioritizes giving back to the community

from page 1

extensive snowfall, it was truly a challenge to keep up. In July, the Maple Leaf Snow Skimmers, a snowmobile association based out of Bancroft, donated a large culvert in order to fix the TOP B112 trail after rain washed out one of their bridges near Sedgewick Road. This winter, the HCSA lent one of their groomers to the Maple Leaf Snow Skimmers while their groomer was in the shop for repairs, allowing them to keep their trails open.

"It's what neighbours do," said Vanderstoop.

Through a collaboration with the Haliburton ATV Association, the Ritchie Falls Bridge along the TOP B103 Rail Trail north of Gelert was able to be redecked, using lumber donated from the County of Haliburton.

This year, the HCSA committed one dollar to the YWCA's Haliburton Emergency Rural Safespace for every hour that they spent grooming the B103 trail in Haliburton County. Vanderstoop says the HCSA donated around $1,500 to the organization.

The YWCA Haliburton Emergency Rural Safespace provides a space for women and their children to leave abusive situations. It provides the opportunity for women to continue to work in their community, maintain relationships with friends, and allow the kids to go to the same school. The YWCA offers two two-bedroom units available on an as-needed basis. They also provide supportive counselling, information about housing and income support, assistance navigating family and criminal courts, and more.

Vanderstoop says that the HCSA had a large turnout for new volunteers this season. Through public information pop-ups, the HCSA hopes to attract more people to snowmobiling and volunteering with the HCSA, as well as educate the public on information about snowmobiling in general.

HCSA trail 11, the edge of Algonquin Park. /submitted

This coming year, the HCSA plans to continue their land work, installing some culverts, and developing a landowner tool. Vanderstoop hopes to continue the HCSA's presence and ease of access to information in the community, and hand out stickers.

Vanderstoop says that many snowmobilers have formed groups near that service their local areas such as Hawk Lake. These groups are committed to trim tree branches, ensure proper signage, and stake their local lakes. With the Hawk Lake group in particular, they maintain the floating bridge and make sure it does not run aground in the spring's thaw.

The HCSA has plans to incorporate an adopt-a-trail program to better assist with maintaining their trails. This would aid in keeping a record of what trails are being maintained, and ensure clear trails for sledders.

Minden in particular, is in need of a focus group, says Vanderstoop. There are several challenges with sledding through Minden. This year, the HCSA dedicated a groomer solely to work on trail access in the community. With the trail going up to South Lake, and down South Lake Road, many sledders opt to ride to Haliburton, avoiding Minden entirely.

With issues around landowner relations, Vanderstoop hopes a focus group of volunteers would allow for clear and concise communications with landowners and foster better relationships with them.

Facebook has been an instrumental tool for attracting new volunteers, says Vanderstoop. A lot of new people have moved to the area and are looking to utilize their skills in things like tree cutting for the HCSA in their downtime.

The trail towards Mountain Lake is often referred to as the 'goat path' due to the rocky terrain and has a reputation of being quite bumpy. Beavers have also become a nuisance along the B112 trail, with the topic being a point of contention for the upcoming general meeting.

"You always see them in the water, you'd never guess how big they were until they are standing on the trail," said Vanderstoop, with a laugh.

Halls Lake was not able to be staked for riders this year, due to varying ice thickness. The HCSA needs a uniform eight inches of ice for the HCSA to consider it rideable and while some parts of the lake was thick enough, it was deemed unsafe for sledding passage.

Vanderstoop says that he noticed a lot more couples and family groups riding together, compared to other years.

"We saw quite a few sleds over the winter and more than last year because the season was much longer," said Shawn Chamberlin, owner of the Dominion Hotel.

This year was also the inaugural event dubbed the 'Rat Race'. The Rat Race went from Fenelon Falls through the Pinery and along the millennium trail to Haliburton, where over 20 riders had lunch at McKeck's.

The event is in honour of the late Terry "Ratty" Murdoch. Murdoch was heavily involved with his home snowmobiling club based in Ganaraska and loved trail clearing, grooming, maintenance on machines, and maintaining the trails. As an avid snowmobiler, many riders from the HCSA club went out to support the Rat Race and donated money towards Pancreatic Cancer Canada. $1,400 was raised during the event in "Ratty's" honour, says organizer Ben McKelvie.

The success of this year's sledding season would not have been possible without the volunteers, generous landowners, executives, and businesses that love snowmobiling.

Silo approach hinders public health efforts, says CEO

JAMES MATTHEWS

Staff Reporter

The association that represents Ontario's public health agencies is small but mighty.

The Association of Local Public Health Agencies (alPHa) was formed in 1986 and is the not-for-profit organization that provides leadership to Ontario's health boards and local public health units. It has been dubbed the voice of the province's local public health system.

Loretta Ryan, the association's CEO, said the group and its stakeholders and affiliates meet continuously throughout the year.

"We have never quite added them all up, but I assure you it's at least 100 (meetings)," she said when the Haliburton Kawartha Northumberland Peterborough Health Unit's board met March 20.

Not bad for a group considered to be a volunteer organization.

They represent the areas of public health that work with government, its agencies, and those responsible for making decisions. The association also develops positions on key public health issues, relevant legislation, and disseminates those opinions.

"We're at many, many tables," Ryan said.

Information is communicated in neat and compact packages such as the monthly newsletter, she said.

"In there are all the key things that we are working on," she said. "We try to make this as easy as possible for members to find information."

There's also an education component to alPHa's mandate that's realized through regular conferences, training workshops, and information compiled.

"We're trying to make sure you have the tools that you need to do what you do as key volunteers," she said.

Strategic partnerships with other organizations is paramount to achieving alPHa's aims.

"We all know a silo approach does not work and that we need to work together," Ryan said.

The association works with the Ministry of Health, the Chief Medical Officer of Health's office, Public Health Ontario, Ontario Health, Association of Municipalities of Ontario, the Ontario Medical Association, the Dalla Lana School of Public Health, and other stakeholders.

Ryan said those relationships help alPHa to deliver on its key strategic plan and to have a degree of influence on the positions the group promotes.

"We have a lot of resources," she said.

The world gets busier and more complicated every day. People don't have the time they once did to get face-and-eyes into long policy documents.

"People's ability and willingness to read long documents is not always there," she said. "So we have key infographics with regards to public health matters."

The alPHa convenes leadership of local public health agencies to be a unified trusted voice and a trusted advisor.

It advances the work of local agencies through strategic partnerships and collaborations. It works to support the sustainability of Ontario's local public health system and delivers services to public health leaders.

All that fosters a stronger local public health system, according to the alPHa mission statement.

The Ontario public health standards will soon change, and that has a huge impact on the operations of public health units throughout the province. Ryan was asked about alPHa's involvement with the work to change those regulations and standards.

"We are a member-facing organization and by being a member-faced organization we have had access to the premier's office to meet with (Health Minister Sylvia Jones), to meet with the heads of organizations," Ryan said. "That is because we are a member-facing organization.

"If we were a public-facing organization, the type of government relations work we do would be quite a bit more difficult. Our work is at the boardroom table."

"We are very involved as affiliates, as board of health members, and as medical officers of health," said Trudy Sachowski, alPHa chairperson.

Dr. Charles Gardner, the alPHa past-chairperson, said his connection is strongest regarding the Council of Ontario Medical Officers of Health and his close contact with Dr. Kieran Moore, the province's chief medical officer.

"This has been a topic that we as the executive of the alPHa board bring up monthly among ourselves, seek opportunities to advance the completion and release of the standards," he said.

Regional medical officers have participated over months in the development of the changes to the standards, he said.

Drafts of the new standards have been widely circulated among regional medical officers for feedback. They looked forward to the new standards being released last fall. That was delayed until January and most recently was put off until August before coming into effect in January 2026.

"We continue to have sharply a line of sight on that and continue to encourage their release," Gardner said. "One the ground in local public health there has been active involvement all the way along."

Cecil Ryall, the representative for Haliburton County, said everything that's ongoing in the world today makes a strong argument for standardized qualifications across the county. That's instead of individualized standards for individual provinces. That excludes practitioners in one province from others.

Given that the next federal election is now set in stone, Ryall asked if that idea of health standardization is shared by other units across Canada.

All provinces sharing in a national program would be easier for all Canadians to be on the same public health page, he said.

"That's where having the affiliates on our board of directors will be absolutely key," Ryan said. "Along with the medical officers of health, they are working within those areas which potentially would be impacted by changes to inter-provincial barriers. That is something we will be keeping an eye out for."

Celebrate Earth Month at Repair Café

This Earth Month, let's make a positive impact on our planet together! Join us for our next Repair Café, a wonderful event where we keep perfectly good items out of landfills and extend the life of cherished items – all while learning new skills and connecting with others.

Instead of throwing it away, let's fix it! Bring your broken items and watch as our talented team of volunteer fixers works their magic to repair them – absolutely free! It's a great opportunity to learn hands-on repair techniques and make a difference in preserving our planet's resources.

We welcome a variety of items, including small appliances, ceramics, toys, furniture, jewelry, textiles, computers, bicycles, and more. Whatever it is, our experts are ready to help try to give it a second life!

Mark your calendars: Our next Repair Café is Sunday, April 6 from 10 a.m. to 2 p.m. at SIRCH Bistro & Bakery, located at 49 Maple Ave. in Haliburton. And remember, every first Sunday of the month from April to October, we'll be here doing our part for the planet!

Get involved! We're always looking for volunteers who love to fix things and share their knowledge with others. If you're a fixer at heart, join us and help others keep their items in use while reducing waste!

Let's make this Earth Month the start of something amazing – repair, reuse, and reduce waste together at Repair Café!

If you're looking for more information, call SIRCH at 705-457-1742 or visit www.sirch.on.ca.

Submitted

Local accident a result of intoxication

The Haliburton Highlands Detachment of the Ontario Provincial Police (OPP) has charged a driver involved in a collision with impaired operation in the Municipality of Dysart et Al.

On March 23, at 2:33 a.m., the Bracebridge and Haliburton OPP responded to a motor vehicle collision that occurred near Highway 118 and Lymburner Drive in Haliburton. Haliburton County Emergency Services (EMS) attended the scene for a vehicle that had struck a rock cut and caught on fire. The Dysart Fire Department extinguished the fire and Haliburton County Paramedic Service (HCPS) transported the driver to the local hospital to be treated for minor injuries.

Following an investigation, the driver of Highlands East Township was arrested and charged with the following:

- Operation while impaired - alcohol and drugs
- Operation while impaired - blood alcohol concentration (80 plus)

The accused is scheduled to appear at the Ontario Court of Justice located in Minden on May 7, to answer to these charges.

In addition to the charges, the driver received a 90-day licence suspension, and the vehicle was impounded for seven days.

Drivers are reminded that no amount of alcohol or drugs in your system is safe when driving. The OPP remains committed to removing impaired drivers from our roads through enforcement and public education. Arrive alive, drive sober.

The Haliburton Highlands OPP values your contribution to building safe communities. If you have information about suspected unlawful activity, please visit Crime Stoppers at www.khcrimestoppers.com or call 1-800-222-TIPS (8477).

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A splash bash

The drizzly weather of the past weekend didn't slow anyone down from attending the annual Sir Sam's Spring Splash on Saturday, March 22. Groups of people wore wacky costumes and outfits to celebrate the fun day on the slopes.
/TIM YANO staff photographer

Highlands Corridor residents make their voices heard

EMILY STONEHOUSE
Editor

John Davidson, a founding member of the Concerned Citizens for Crown Land, speaks to a full room of attendees during their open house on March 23 at the Haliburton Legion. /EMILY STONEHOUSE staff

Over 200 individuals came out Sunday afternoon to the Haliburton Legion to partake in an open house hosted by Citizens for Crown Land Protection (CCLP).

The organization was formed in light of a dispute that was brought forward in February of this past year.

At the time, a private local Facebook user, Amy Toye, shared in a post that has since gone viral, surrounding questions aimed at the Haliburton Highlands Land Trust (HHLT).

The concern was rooted in the access to Crown land from the Land Trust along the Highlands Corridor.

The Corridor, which is 100,000 hectares of unceded Crown land, municipal land, and private land connecting three provincial parks across Haliburton County, is designated as significant by the HHLT due to its rich wetlands, forests, and species at risk that reside within the extensive property.

"The Highlands Corridor offers a nature-based solution to building climate change resilience, protecting lands and waters, and maintaining biodiversity," says the Land Trust website.

But the CCLP believes there may be ulterior motives to the push for land conservation. John Davidson, a retired staff member of the Ministry of Natural Resources, has identified what he believes to be discrepancies between what the HHLT is presenting, and the reality of the situation. The crux of the issue: a lack of transparent communications between HHLT and community stakeholders and property owners. "We do believe the volunteers (of the HHLT) mean well, but we also believe there is information left out," he said.

To kick off the meeting, Davidson asked the crowd how many were landowners across the Highlands Corridor section, and the majority of hands shot into the air. He called the Land Trust's efforts in sharing information around the project to be "confusing, contradictory, and incomplete."

"Why have so many people been left out of the conversation?" he asked. He accused the HHLT of using "scientific buzz phrases" to further their own agenda at conservation.

At the meeting, many were concerned about what they could continue to do on their own land, including agriculture, hunting, fishing, ATVing, snowmobiling, and land management. The Land Trust continues to message that they will not touch private property, noting that the only one who can touch that is the government.

Partial blame for the support of identifying the Highlands Corridor as a designated conservation area was flipped to county council, who had several members in attendance at the meeting. Godfrey Tyler, a concerned citizen of the county, piped up and questioned council members. "We don't have any communications anymore," he said. "County council really needs to think about how they're talking with their constituents."

After the initial presentation by Davidson, the organization opened the floor to attendees. Many were concerned about losing access to the land they own, and the majority voiced concerns about a lack of transparency and communications.

The CCLP will be taking a delegation to county council on Wednesday March 26. The *Echo* will provide coverage of the public meeting in the next edition.

The CCLP noted that the land is managed by the provincial government, so support from local governments would merely endorse their efforts moving forward.

"We want full transparency and input from everybody," said Davidson. "We'll make sure they know what we feel."

Health unit moves to make land acknowledgement meaningful

JAMES MATTHEWS
Staff Reporter

The Haliburton Kawartha Northumberland Peterborough public health unit's board is working to make Indigenous land acknowledgement more meaningful.

A land acknowledgement in Ontario is a statement read at the start of municipal and county meetings and the gatherings of other groups. It shows recognition for the traditional territories of Indigenous people who were stewards of the land before European colonization.

That acknowledgement is a commitment to reconciliation by citing the historical and, in many cases, on-going injustices faced by Indigenous communities in Ontario.

Oftentimes, the acknowledgements that are applicable to specific regions in Ontario are read as a formality and suffer the effects familiarity exacts on such rote practices.

Ron Black, chairperson of the public health unit's board, said during the group's March 20 meeting that he's asked the Indigenous Health Advisory Circle to provide words to be used in all meetings that has more meaning.

"I find a lot of land acknowledgements are just a repetitive process and I think we need to put more thought into it when we have our meetings," he said.

Black said spring is a season of growth, renewal, and healing. It is a perfect time to reflect on the deep connection between Indigenous land stewardship and reconciliation efforts.

"For many Indigenous communities, caring for the land is not just about environmental sustainability," he said. "It's a cultural and spiritual responsibility."

Colonization disrupted many traditional land management practices, often replaced them with destructive resource extraction and land degradation.

"Because of reconciliation, Indigenous land initiatives are reviving traditional ecological knowledge."

Black said modern environmental science is now recognizing the value of traditional environmental knowledge. Many governments and conservation groups have partnered with Indigenous leaders to restore landscapes and to return lost environmental integrity.

Nature regenerates in the spring, and so can relationships between Indigenous and non-Indigenous communities," he said.

"Collaborative environmental projects such as habitat restoration, reforestation, and water protection efforts serve as tangible acts of reconciliation for us moving forward," Black said.

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This is not a 'trade' only Job Fair. We would like to include as many businesses as possible from across Haliburton County. We will also have outdoor space available for any participants who would like to bring larger tools or equipment. The more interactive your space is, the more engaged the students will be.

Questions?
Reach out to **Aggie Tose by phone at 705-457-6901 or by email info@hchba.ca**

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146 Highland Street, P.O. Box 360,
Haliburton, ON, K0M 1S0
705-457-1037
Published by **White Pine Media Corp**

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Misinformation

THERE ARE a lot of buzz words circulating around the veins of our world these days. It's no secret that we are in an era of political strife; a marked delineation of right and wrong, true or false.

It seems that many are on edge; pushed to their limits of reason and logic. Clinging to any scraps of structure they can muster.

And in this current climate, this grey area of lying in the limbo of fight or flight, the safety zone seems to be in the chaos of conflict.

It's comfortable. It's what we know. It's what we understand. For people who have lived through traumas, it's been proven that they carry that into their every day, even during moments of relative peace. It's comfortable. It's what they know. It's what they understand.

emily stonehouse

Editorial

If they're always living in constant conflict, it leaves no room to expose the softness of their bellies; the place they can get jabbed again when they finally let their guard down.

And the roots of these conflicts are spun around the buzz word 'misunderstanding'.

It's an easy band-aid to an open wound of uncertainty. We blame it on the gaps we need to fill, on the voids that span between the political polarizations, on the dots we crave to connect.

As I sat in the sticky-hot room of the Haliburton Legion on Sunday afternoon, watching a presentation by the newly-formed group Citizens of Crown Land Protection, who rallied in an effort to oppose conservation by the Haliburton Highlands Land Trust, 'misinformation' ricocheted off the walls.

It was a term used by one individual in the crowd. "There's a lot of misinformation out there," she said.

"But who decides what's 'misinformation' and what's truth?" asked another.

It was a good question. Who decides what's right or wrong, true or false.

We are deeply set in our own beliefs. The ones embedded into our core from our inception. Who we vote for, who we learn from, who we love.

It's hard to branch out past those roots that have coiled so deeply around our core, our very being.

In that sticky-hot room, there were some good questions, some valid concerns. There were also smatterings of notably falsified information spewed out. Information that I would insist anyone who heard it, to dive deeper. To ask questions. To push beyond the face-value of the statement and dig into the roots.

We put trust into certain people in this world. Doctors, scientists, seasoned professionals.

But the firm line of fact versus fiction is not set in stone. It wobbles and waves with the energy of a river; pulsing along its edges, bubbling and boiling with the seasons.

As we live in this existence of uncertainty, of conflict, of strife, I urge you to dig deeper. Facts have wiggle room, fiction has an audience.

We are on the cusp of yet another election, this time at a federal level. We may be in this world of discomfort for the foreseeable future, but there are opportunities to carve your own path, to challenge what you know to be right, to stand up for those whose voices are muted.

Misinformation is whatever you choose it to be. A label you can stamp out in an effort to connect the dots. But information exists out there; somewhere in the void.

And suddenly, maybe it's our chance to learn.

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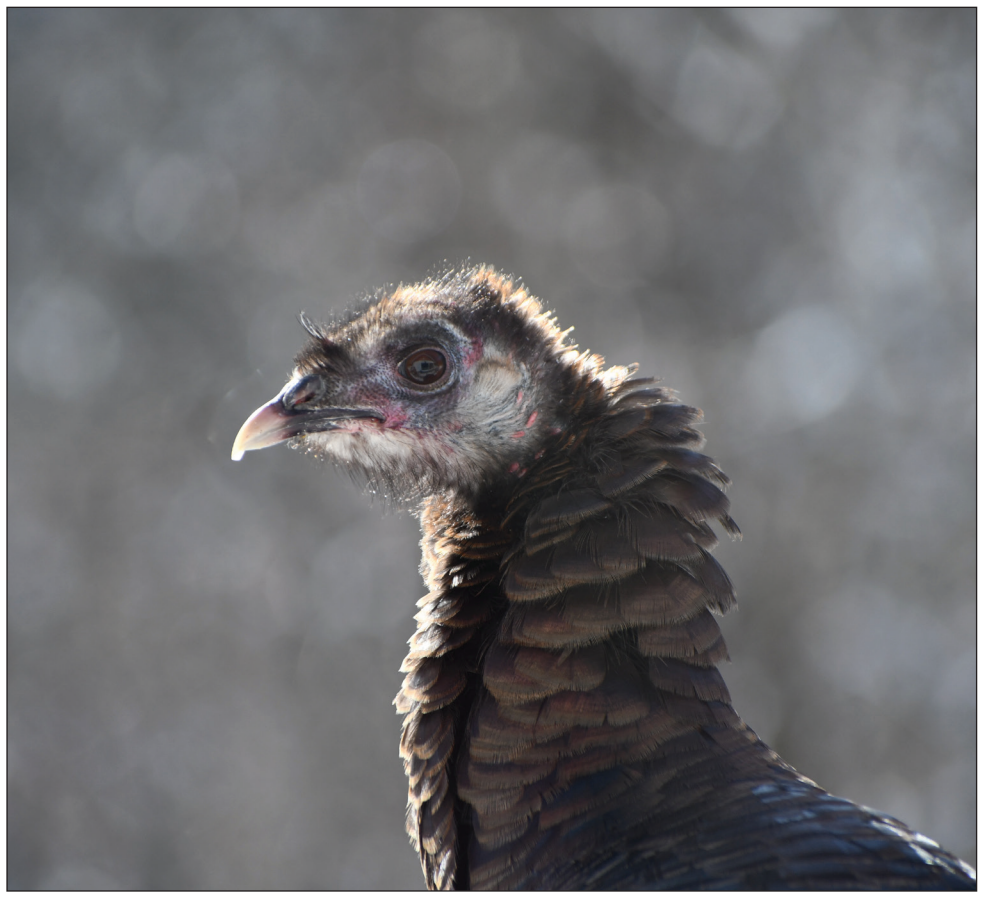

A bird's eye view by Randy Moratz

Shine brightly

MARY JANE Oliver (Sept. 10, 1935 to Jan. 17, 2019) was an American poet who won the National Book Award and the Pulitzer Prize. She has written numerous books. I love her writing and often look to it for inspiration and connection.

She wrote tirelessly about nature and the small but big occurrences that she observed. She was very connected to all of the life below her, above her and around her. I often pick one line from a poem that she wrote and contemplate it. In her poem, *When I am Among the Trees*, the last line she writes is "it's simple they say (the trees) and you too have come into the world to do this, to go easy, to be filled with light, and to shine."

Just this one sentence says so much. I was thinking it would make a lovely blessing or prayer or wish to say at the end of every yoga, meditation or qigong class. A wish for all of us to be easy and filled with the light and to shine. What would the world be like if each of us regularly tuned into our hearts and remembered what matters most to us.

What if we each remembered there is so much goodness around us and in us. If we took the time to sit in that remembering and to feel our inner light burning brightly. And with that light burning brightly, we step back into our lives and do what we can to support our families, our friends, our communities and all of life.

Tales from the great

lynda shadbolt

Green meadow

The action we take will be different from person to person because we are all living with a variety of situations and circumstances. Our actions will vary. Maybe you are being a caregiver or devoting yourself to your young family or grandchildren. Maybe you are volunteering for a cause you believe in or writing letters of support or going to protests.

It doesn't matter what the action is. What matters is that you have connected with the goodness that is always here and you have filled yourself with light. And you do what you can do in your unique way to take action. Every vibration that goes out in the world makes a difference. This is all anyone can do. We know there are dark places and times in the world right now. But nothing is permanent. Everything is evolving. I recently had a yoga teacher say to our group, each of you brings your unique ingredient to this class. If we were making a big bowl of soup you are each contributing. And each contribution matters.

We have to believe that our actions, big or small, are contributing. The world doesn't need our anxiety right now. It needs our love, our light, our goodness. So shine on I say. In all the small and big ways that you can. The world has been through tough times before and people have gotten through it. And we will again.

points of view

The seven year itch

steve galea

Loon Tales

LAST WEEKEND, I experienced a birthday. This is one of those unfortunate things that afflicts me every couple of years. Which is OK. Birthdays, in moderation, can be a lot of fun.

The only real issue I have with them is that they draw unwanted attention to the owner. This manifests itself in unusual ways. It causes otherwise well-meaning people to buy such things as hokey cards. It also incites the singing of the world's worst song, bonfires on cakes, and best wishes from people you have only met on your social media feed. Even worse, there is nothing like a birthday to inspire people to say uncomfortable things like, "How old are you now?" or "You've had ten attempts to pin that tail on the donkey. Why not give one of the kids a chance."

Also, for some folks, the advancing years can be a sensitive issue. Luckily, I am not one of them. That's because I started counting my age in dog years.

So, in case you are wondering, I just turned nine (in dog years).

Describing your age in dog years is the poor man's fountain of youth.

Moreover, it is an excellent strategy because very few people care enough about your age that they can be bothered to do the math. Better still, of those that will do the math, quite a few of will forget to carry the six. (We don't say a lot of good things about students no longer having to memorize the times tables anymore, but this is one.)

Jenn happens to be one of those people who has never been a fan of math, and this is yet another reason why I love her. As such, she has readily accepted my claim to be nine because, according to her, "it jives with my maturity level."

Besides, this is in keeping with the thoughts of most other people who know me well. But, frankly, I disagree with their assessment.

I am nowhere near that mature – either in dog or human years.

And that's OK with me. People, especially those who know me well, are always trying to sell me on the value of maturity – quite often as I am sticking my tongue out at them. But I do not believe it is as critical as we think. Heck, I have lived my whole life without having any discernible amount of it, and it hasn't hurt me any. True, I stopped sticking pencils up my nostrils and doing walrus imitations last year, on the advice of an Emergency Department doctor, but otherwise, I am the same old Steve you knew in kindergarten.

Better still, I have leveraged my gift for immaturity into a career. Not a good one. But a career, nevertheless.

For the last four (dog) years, I have been writing things that would have, in the old days, been impressive on a resume for the job of village idiot. And I have done my level best to maintain a level of maturity commensurate with the career path I have chosen.

I'll admit this is getting harder as I go, but I still believe, as my mind deteriorates further, that my best years are still ahead.

Some people try to delude themselves about the advancing years and lament their lost youth, but I am not one.

Honestly, I look forward to being 10.

pic *of the* past

Ed Couvert's home on South Wilbermere Lake which later became the home of Frank Saunders and family and is accessed by the Saunders Road. My uncle Archie Hillis and a friend are standing on the raft which was just out from the shore of the Hillis property. Photo taken about 1925. Submitted by Aileen(Young) Broughton.

OPP east region calls on drivers to make a change in 2025

Ontario Provincial Police (OPP) officers in eastern Ontario are calling on all drivers to be part of the change that makes our roads and highways safer.

There were 72 fatal collisions in East Region OPP jurisdiction in 2024, resulting in the deaths of 81 people.

Major factors in last year's fatal crashes:

- Speed: 26
- Inattentive/distracted: 16
- Alcohol/drugs: 12
- No seatbelt: 10

"This is why we are out on the highways looking for those who deliberately choose to drive at dangerously high speeds. When we say, "slow down", it's about preventing tragedies. It's about ensuring moms, dads, sons, daughters, friends and loved ones all get safely to their destinations," said Chief Superintendent Lisa Wilhelm, OPP East Region Commander

So far in 2025, East Region OPP officers have investigated 11 fatal collisions, in which 13 people have lost their lives. In each case officers have had to knock on a door and tell family members that a loved one has been killed.

We urge everyone who gets behind the wheel of a vehicle, to think about what it would mean if you never came home again. Slow down, never drive impaired, keep your eyes on the road ahead - not your phone, and always fasten your seatbelt. If you ride a motorcycle, the same message applies, but swap seatbelt for helmet.

OPP officers can be anywhere, but we can't be everywhere. If you see someone driving dangerously and feel that lives are at risk, call 9-1-1.

Submitted

Have a thought, comment or opinion you'd like to share?

Send a letter to the editor to
emily@haliburtonpress.com

Castle Antiques opens doors to micro-storefronts

THOMAS SMITH
Staff Reporter

Castle Antiques and Cafe has undergone many iterations since its original opening at 123 Maple Avenue in 2014.

Anna Lowes, co-owner of the establishment said the idea for the store arose when they decided that her father, Peter Schleiffenbaum, an avid antique collector, had too many antiques and needed to downsize his collection.

With a majority of their antiques coming from Ireland, Lowes said that her father has always had an affinity to Ireland, with a portion of his family currently living there.

"That was the place we always did family vacations growing up," said Lowes. "It has always been a part of our family."

Originally, Castle Antiques offered coffee to go and had a vendor that brought in muffins for sale.

"When she stepped away, I took over," said Lowes. "And I've always made everything from scratch."

Without a commercial kitchen, Lowes and her team were making baked goods at Abbey Gardens throughout the week. Six years ago, when Home Hardware moved to their newest location, Castle Antiques used the opportunity to move, expand their business, and rename themselves to Castle Antiques and Cafe. As the previous location of a Subway restaurant, there was a commercial kitchen, fridge, freezer, and food storage space.

"It was perfect, we were able to do everything in-house now without having to go offsite," said Lowes.

Since the beginning of offering baked goods, all of their selection has been vegan and gluten free.

"I noticed that there was a niche that needed to be filled," said Lowes. "Everyone assumes that I must be vegan or eat gluten free, but no one is. It was merely a niche that needed filling that I saw within Haliburton and figured I was a decent baker."

The signature granola bar or the chocolate chip cookie is a source of pride for Lowes.

"You could eat it and you'd never tell that it is vegan," said Lowes. "That is how we test all of our recipes. If we can't tell that it is vegan and gluten free and our significant others can't tell if something is vegan and gluten free, then it is a slam dunk."

Lowes says that they are in their third year of a five year plan for their business.

"Our goal has always been to turn this into a destination," said Lowes. "With the antiques, taking up three quarters of the space, they are really interesting and have so much history we absolutely love, but they are not for everyone."

Without a doubt, the food and drinks that they sell is what keeps their business afloat, says Lowes.

Their five year plan includes downsizing the space taken up by the antiques and bringing in other businesses, through micro-storefront spaces.

Since moving into the new location, the cafe has expanded their seating capacity by removing the separate storefront within the building.

With a connection to a coffee producer from Nicaragua called Taking Root, Lowes was able to purchase beans from farmers practicing better crop rotation techniques. Now, due to Taking Root expanding to a larger commercial operation, their supplier is from Colombia and is a family-owned business that imports their beans directly from Colombia.

> ***"Everything runs its course and you have to be innovative to keep bringing people in."***
>
> – Anna Lowes

All of their coffee products use beans that were roasted in-house. Learning how to roast from the Green Beanery in Toronto, Lowes has trained select staff members the art of roasting the precious beans. Their beans are purchased in their green state and are roasted at a high temperature over 13 minutes. A quick roast allows the bean to go through different stages as it is roasting, resulting in light, medium, and dark roasts, with the colour changing and hull cracking throughout the process. Their cafe uses medium-dark roasted beans with their products. Coffee beans are also available for purchase by the bag or in jars.

During the summer, the business roasts beans every other day. During the slower seasons, they keep their bean supply freshly roasted every other day.

"Everything we do, we try to set ourselves apart from just another shop and [roasting] is just a way to do it," said Lowes. " It is a way to set ourselves apart and offer a great product."

Over the years, Castle Antiques and Cafe has made room for the Music Room, introduced new artisans to sell their wares, welcomed Poquito Loco into their space, and partnered with Nectr Kombucha.

"Now is the perfect time to do something fun with the space," said Lowes. "Antiques right now are not a very hot commodity. They go in ebbs and flows and right now, they are not the most trending thing."

The goal is to open the space to other businesses that mesh well with the Castle Antiques and Cafe vision and brand.

Lowes says that businesses like chocolatiers, a cheesemaker, ceramics, craft wine, and other artisanal products would be great additions to the store's space.

"Things that Haliburton doesn't have," said Lowes. "If someone wants to open a storefront, now is the time to do it to capitalize on the summer traffic."

The micro-storefronts could also act as artist's studios in which artists can offer workshops and sell their wares. There are two different sizes of spaces available, 10′ by 15′ or 10′ by 7′.

Lowes has a background in interior design, having studied at OCAD, and has big plans for the micro-storefronts. Their exteriors are going to be wooden with double doors that vendors can close up and make their own hours. They can also be decorated how they want, with any signage they want.

Lowes says that she hopes to decorate the storefronts for the different seasons with lights, wreaths and other decorations.

"I love redoing our displays here," said Lowes. "Even doing things like creating the flower arrangements, I love being creative."

The storefronts would be run independently of Castle Antiques and Cafe, especially during the busiest seasons like summer and Christmas. These micro-storefronts are intended to help up-and-coming businesses without the economic overhead of renting a large retail space.

"Whoever moves in, I want them to have the best opportunity to make a killing here," said Lowes.

Lowes says that there is no correlation to advertising for micro-storefronts with the closure of Handmade Heaven.

"It was a pure coincidence," says Lowes.

"We are going to see where this takes us," said Lowes. "We have so many ideas and sometimes you have to change. It doesn't always work out as planned."

Lowes says that they have plans to host a summer market event in their store.

"You always have to keep coming up with a plan, the next thing," said Lowes. "Everything runs its course and you have to be innovative to keep bringing people in. That is just part of being a successful business."

The building that houses Castle Antiques and Cafe is currently for sale and offers 8,000 square feet of commercial real estate.

"The only reason we're selling is that we don't really need all this space, hence why we are bringing in other businesses," said Lowes.

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Haliburton vets here to help

EMILY STONEHOUSE
Editor

The veterinarians of the Haliburton Vet Services shared their thoughts on the job. /submitted

You see them all the time. Those little kits in toy stores for kids dreaming of becoming veterinarians one day. It's a common answer, for our little humans, when asked what they would like to be when they grow up.

But did you know that veterinarians have one of the highest suicide rates amongst any other career? Constant demand, long hours, inevitable burnout, and emotional tolls play a huge part in the quality of life for veterinarians across the country. Dr. Aimée Filion, the owner of Haliburton Vet Services (HVS), wants to change that. "My general rule is that you need to be kind, need to be accommodating, and need to be helpful," Filion said. "Burning out is not an option here."

Filion took over the practice in 2018 when founding veterinarian, Dr. Laurie Brown, retired. Filion had originally joined HVS in 2012, and instantly fell in love with the area after developing a close friendship with Brown, which she maintains today. "When I first started, we had a pretty small team here," Filion noted, "but I have tried to make it my goal, every year, to upgrade something at the clinic."

This includes surgical rooms, dental X-Rays, and cardiac ultrasounds, to name a few. "We're so far away from a bigger centre," Filion said, "and what people are expecting from vets has really changed over the years, so that care needs to be so much higher, and we need to be able to provide that to the best of our abilities."

Filion originally hailed from the Ottawa region, and attended school at the University of Ottawa, then the Ontario Veterinary College in Guelph. She has a deep love for animals, and has always been drawn to the career of veterinary services. "The thing I love most is a complicated medical case. I love putting the puzzle together, and then seeing the look on people's faces when their animals are better," she said.

The HVS owner spent over a decade as an on-call, mixed animal veterinarian, before she had her daughter, at which point she noted that she needed to create some boundaries in an effort to be present for her child. "I had to make some personal and family choices, and those choices still stand today," she confirmed.

That being said, Filion intends to share her experience and wisdom with her ever-growing team at HVS. "I recognize there's a need," she said, "and I am trying to pass that knowledge down."

Filion has grown the team at the HVS to a total of 19 staff members, including five veterinarians. With the expanding team comes a growing amount of knowledge, resulting in a variety of topics covered for the 18,000 patients the clinic services across the county.

But Filion maintains her rule: no burnouts at the clinic. Upon speaking with the five vets, that work/life balance became clear. Dr. Alex Durfy has been a vet for 14 years now. "Finding that balance has been a big reason I joined this clinic," she said. "It's given me back my life, and my enjoyment of the job. This clinic is very respectful. Very ethical." The other vets agreed: burnouts ran rampant at past jobs, and having a team who understands that is key.

"Every job I had before ended in burnout," said Dr. Asia Lemachko. Prior to the COVID-19 pandemic, she was working in Vietnam, but knew she needed a change. She had reached out to Filion when she noted an open position at the HVS, and the two instantly hit it off. Despite being a registered veterinarian for 12 years in Ukraine, Belarus, and Vietnam, there is a significant amount of metaphorical red tape to become licensed in Ontario. She has completed four of six Ontario required exams while working as a restricted license vet, and is anxiously waiting for the opportunity to complete the requirements and receive her full license to work locally. But to her, it is all worth it. "There is a balance here that I never had before," she said.

Dr. Sydney Graham joined the HVS right out of post-secondary, and has a special interest in exotics; including rabbits, hamsters, and birds. She's now been with the clinic for two years, and has no intention of going anywhere else. "It's been so great," she said. "There are so many people here with so much experience and perspectives, and I learn a lot from them." Graham noted that medicine is as much an art as it is a science, and she applies that to her patients on a regular basis.

Dr. Jessica Patterson had just started at the clinic, a mere few weeks ago. She joined because she was experiencing "mega burnout" at her past clinic, and was looking for a change. "I have found the staff really open, really welcoming, it's been so great so far," she said.

On Oct. 1, 2014, Dr. Nicole McArthur started a Facebook group called Not One More Vet, or NOMV. It was founded in response to the heartbreaking suicide of renowned veterinarian, Dr. Sophia Yin. The Facebook group quickly snowballed into an active social media community, where fellow veterinarians could share their stories, their heartbreaks, their journeys amongst like-minded individuals. The online forum now has over 40,000 members, and has acted as a lifeline for struggling vets in the demanding industry.

You can access the suicide prevention hotline by dialing 988 anywhere in Canada.

Filion noted that vets are so much more than doctors for your pets. They are educators, therapists, and students themselves; always teaching, always listening, always learning. "When you hurt, we hurt as well," she said.

"We have an amazing team," closed Filion, as she looked around the room to her fellow veterinarians, who each seemed at ease and comfortable after sharing their stories of burnouts from the past, "and we have experiences that bring us together."

ROUND TWO
VS
HALIBURTON COUNTY HUSKIES
HOME TUESDAY MARCH 25TH - 7:00 P.M.
AWAY WEDNESDAY MARCH 26TH
HOME SATURDAY MARCH 29TH - 4:00 P.M.
AWAY *SUNDAY MARCH 30TH (*IF NECESSARY)

Sleeping in cars for a cause

Gord Kidd provided the soundtrack at this year's Sleeping in Cars fundraiser in Haliburton

Haliburton's Sylvia Claridge poses for a photo along with her grandson, Matthias Malette, as they both prepare to get some sleep in the back an SUV during this year's Sleeping in Cars fundraiser.

Above, the Places for People team pose for a group photo. As of Friday March 21, the event had raised more than $31,000, surpassing last year's campaign of $30,000 for affordable housing.

Highlanders left the comfort of their homes to sleep in vehicles Friday night, hoping to put homelessness in the rearview mirror for many community members.
The annual event for Places for People, a charitable organization that creates and champions affordable rental housing in the county, saw about 30 people brave the early spring weather to sleep in their vehicles at Haliburton's Head Lake Park. /photos by Adam Frisk, special to the *Echo*

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Announcing the Haliburton stories chosen for 'Let's Make Opera!'

Earlier this year, 14 excellent and varied stories were submitted by residents from across Haliburton County to be considered for the year long new opera creation project, 'Let's Make Opera!' (LMO). After careful deliberation by the team of five judges from Highlands Opera Studio, five stories have been chosen for the full year long project fully supported by the Ontario Trillium Foundation and presented by the Highlands Opera Community School. Judges included the LMO Project Mentors, Lauren Margison, Danika Loren, and Michael Murphy, LMO Project Director and C-Artistic Director of Highlands Opera Studio, Valerie Kuinka, and Highlands Opera Studio Co-Artistic Director, Richard Margison.

In the words of Valerie Kuinka:

"Making the decision on which of the 14 stories would be chosen for the full year long project was extremely difficult and took time and much discussion. All of the stories were amazing and provided a glimpse into the richness of our community. Bringing the entire process of creating an opera from scratch to the residents of Haliburton County has been a dream of ours for a number of years. Through this OTF Seed project funding we are able to offer the opportunity, supported by highly trained mentors specializing in the various stages of creating an opera, to create five new short works, each 15 to 30 minutes in length, that offer a new way to bring Haliburton County's rich history as well as stories of today to life. Opera, which simply means 'work' in Italian, is the perfect vehicle for artistic collaboration and expression and definitely doesn't require professional singers or a symphony orchestra! We are all so excited to get down to work with the writers and start to build the creative teams for each new opera. The next stage is adding the composers and performers and we're in the process of that right now."

The five Haliburton County residents whose stories have been chosen for the full LMO project are as follows:

- Veronica Beynon (Highlands East)
- Marcia Mandel (Minden Hills)
- Meghan Mardus (Dysart et al)
- Jack Simpson (Minden Hills)
- Janet Trull (Dysart et al)

The first workshop performances (words and music only) are planned for May or early June (date to be decided) and the second workshop, including some staging, lighting, and costumes is Aug. 9, at the Northern Lights Pavilion, during the main season of Highlands Opera Studio. Final performances of the completed new operas are planned for late November or early December (date to be decided).

The 'Let's Make Opera!' project is presented by the Highlands Opera Community School, produced by the registered charity, Highlands Opera Theatre. In addition to the LMO opera creation project, the HOCS offers year round Pay-What-You-Can Singing Lessons (all styles of music), and various opera appreciation clubs for residents of Haliburton County.

Highlands Opera Theatre also produces the Highlands Opera Studio which will be celebrating its 19th year in Haliburton County this July/August. An intensive summer professional training and career development program for highly advanced young professional operatic artists chosen annually through competitive auditions from across Canada and beyond, 15 to 17 exceptional operatic artists spend four to five weeks in the beauty of Haliburton County while working intensively on their chosen disciples. Providing new and creative ways to share and celebrate the beauty of the un-amplified human voice with Haliburton County, the 2025 program participants will be featured in various performances including Pay-What-You-Can Community Events, multiple concerts and masterclasses, and two fully staged-operas, *Merry Widow* and *La Voix Humaine*, offering an exciting and compelling Live 2025 Summer Season featuring Canada's most accomplished young professional operatic artists.

Highlands Opera Studio and the Highlands Opera Community School are extremely grateful for the financial support of the Ontario Trilllium Foundation (OTF), Azrieli Foundation, Vanda Treiser Initiatives, The Jane Skoryna Foundation, a generous bequest from the estate of Madame la Juge Anne-Marie Trahan, Peterborough Delta Bingo and Gaming, and our greatly appreciated community of private donors, sponsors, and Haliburton County volunteers.

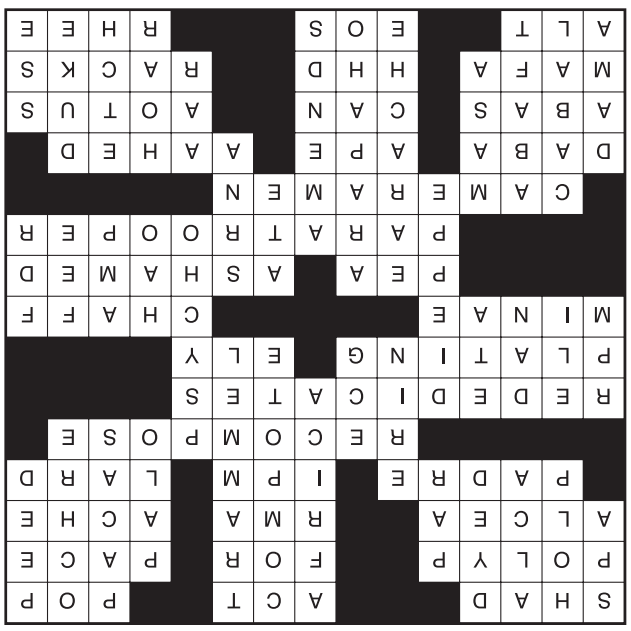
To learn more about the 'Let's Make Opera!' project, Project Mentors, and how to get involved visit www.highlandsoperastudio.com and click on 'Community School ' or contact LMO Administrative Assistant, Christine Jonas-Simpson (christine.jonas simpson@sympatico.ca) or LMO Project Director, Valerie Kuinka at valerie@highlandsoperastudio.com.

To learn more about the other activities offered by the Highlands Opera Community School and Highlands Opera Studio, and to purchase tickets please visit:
www.highlandsoperastudio.com

For more information and to contact HOS Box Office Manager, David Archer, please email: info@highlandsoperastudio.com and/or call 1-855-455-5533.

Submitted

CROSSWORD ANSWERS



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Chapter Spotlight **Advertorial**

Haliburton County HBA President Tom Neville accepts the Warden's Award from 2024 County Warden Liz Danielsen. At right, students from J. Douglas Hodgson Elementary School piece together a model home.

Haliburton County HBA

FOUNDED: 1991 **MEMBERS:** 63

EXECUTIVE OFFICER AGGIE TOSE

OHB: So it's 31 years for you as EO at HCHBA. How'd it all start?

Aggie Tose: "I was hired by Gary Burtch (G.J. Burtch Construction) in 1993. I thought it was part-time, but my mother warned me that Gary would have me doing a lot more. She was right. It was more like 45 hours a week. Gary was EO of Haliburton County HBA at the time and was gradually putting more and more association stuff on my desk, and eventually said to the executive, 'You know, I'm not really doing this anymore—Aggie's doing it.'"

You're a staff of one, but you're everywhere for OHBA events. What's your annual mileage?

"It would be too scary to calculate. I attend other locals' events, national and provincial conferences, national board meetings, EO meetings, working-from-heights and other training events locally... I'd ballpark around 460 functions this year, with maybe 100 outside Haliburton."

You've made huge inroads with local schools in the past year.

"We doubled up on our work with the high schools and elementary schools, partnering with the County Council. I was able to get almost $8,000 for school materials and tools from them, which was about what Haliburton County HBA had spent out of our own pockets in 2023. Then, in November, we learned that the high school's half-century-old planer was regularly down, so we bought them a new $10,000 planer and got it installed over Christmas by one of our members. The kids have been just tickled working away with it.

"We are also preparing for our third annual bus tour on May 28. We'll be picking up the kids at school and taking them to a municipal office and building department, showing them the process from where the permit comes in, how it goes through the system and what happens afterward with inspectors and the contractors. Our next stop is Thomas Contracting, a huge plant whose services including milling stone and sand. Then down the highway is Kegel Heating & Cooling, where they manufacture their own tin work. And then we'll finish off the bus tour at one of our top sponsors, Ridgewood Ford, to see how their mechanic shop operates.

"We're trying to show the kids that it's not all hammers and nails. Many of our members need licensed mechanics, people in the office, computer-aided design experts, etc."

What are your proudest achievements as an HBA?

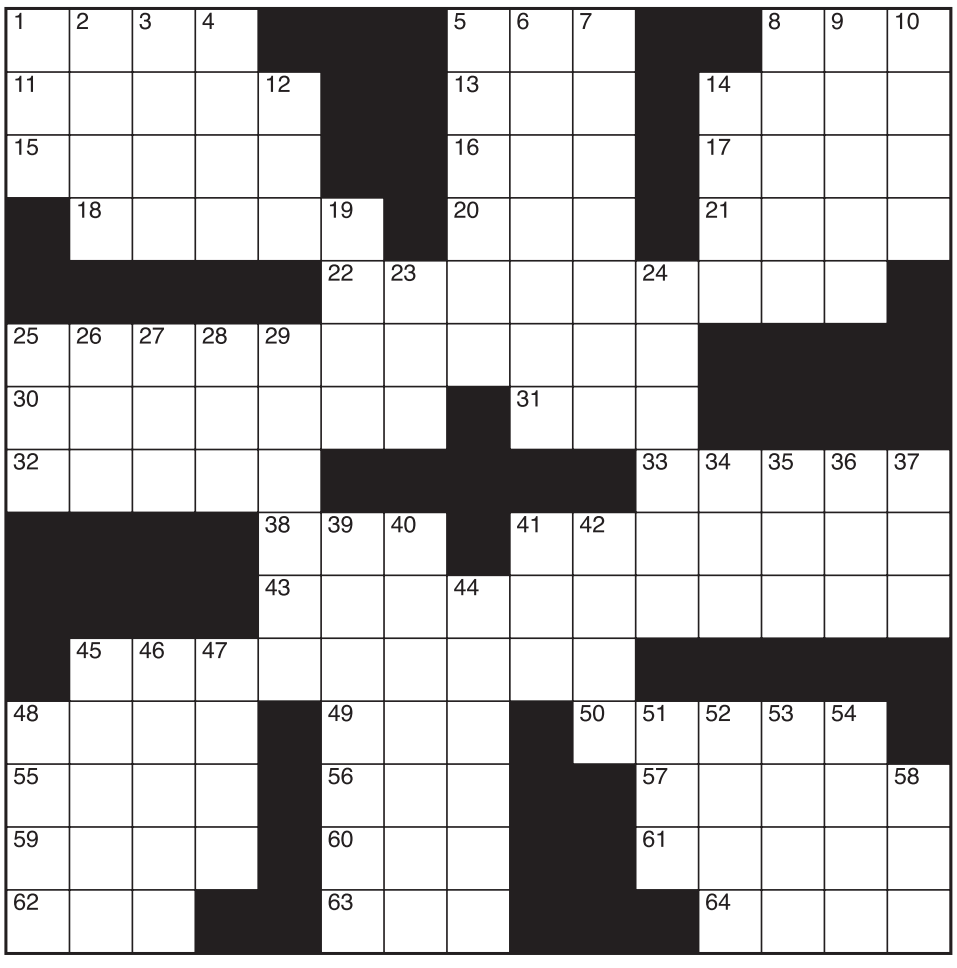
"One that sticks out, and it's where we picked up several new sponsors and members, was our united stand a year and a half ago when the county tried to push through a shoreline bylaw that would have shut down everything from landscaping to building. We were able to bring them back to a more workable agreement. We even had input from one of our members' friends—a researcher in New Zealand. Their biggest issue was water protection and soil retention. That's obviously very important to us too, but they were requesting far beyond what we believed to be necessary, and it would only apply to new projects. Existing owners whose lawns ran right down to the water would not have had to adjust their waterfronts! The county was also concerned that our work would trigger algae blooms, even though we've never had them in this region. We brought common sense to our presentation, including newspaper ads, and held community meetings. We even had non-members from way up in Dorset, who would also have been affected, attend the meetings."

Recent events suggest that Haliburton County holds your HBA in high esteem.

"Our president, Tom Neville, accepted the Warden's Award on our behalf in October. It acknowledges work and commitment to the community and is the second-highest award that the Haliburton Chamber of Commerce bestows. We are truly honoured by it." OHB

Art smarts

Haliburton School of Art and Design opened their doors to the public on Saturday, March 22. The open house allowed individuals to explore the wide variety of classrooms and ongoing programs the school offers, and an opportunity to explore the work from the school's current roster of students, including glassblowing, ceramics, and textiles. /TIM YANO staff photographer



CLUES ACROSS
1. Herring-like fish
5. Perform on stage
8. Soda
11. Small growth
13. In support of
14. Step taken when walking
15. Hollyhocks
16. Returned material authorization (abbr.)
17. Feel pain
18. San Diego ballplayer
20. Inches per minute (abbr.)
21. Fat from a pig's abdomen
22. Create again
25. Honors once more
30. Thin coating of gold
31. Welsh river
32. Japanese novelist Mizumura
33. Husks of corn
38. Green vegetable
41. Showing guilt
43. Soldier
45. Photographers
48. Language spoken in Nigeria
49. Mimic
50. Expressed pleasure
55. Ancient Greek sophist
56. Beverage container
57. Night monkey genus
59. Lace bugs
60. Hogshead (abbr.)
61. Frameworks
62. Keyboard key
63. Greek goddess of the dawn
64. Influential Korean independence figure

CLUES DOWN
1. A place to unwind
2. Helped (archaic)
3. Razorbill genus
4. Bleached
5. Continent
6. Fruit preserved in syrup
7. Impediment to oneÕs freedom
8. Nocturnal rodents
9. Earthy pigment
10. Relieved oneself
12. Golf score
14. Tech hub __ Alto
19. Sportscaster Andrews
23. Records electric currents
24. Popular Hitchcock film
25. Revolutions per minute
26. NY Giants legend
27. Sports radio host Patrick
28. When you hope to get somewhere
29. French seaport
34. Thai river
35. RockerÕs accessory
36. Extra charge
37. Influential American president
39. Pain in the head
40. Great Plains people
41. Consumed
42. Soluble ribonucleic acid
44. Improves
45. Secret clique
46. Behind the stern of a ship
47. Dough made from corn flour
48. Fallow deer
51. Swiss river
52. Grayish white
53. Engrave
54. College's Blue Devils
58. Midway between south and southeast

Answers on page 11

Haliburton's own *Pasta Lady*

EMILY STONEHOUSE
Editor

Daniela with 3-year-old Fia Pantaleo, making southern Italian hand shaped pasta. Fia is the fourth great grandchild of Daniela's Nonna, and this was her first pasta lesson, keeping the traditions alive. /submitted

It started small.

Reaching out to a small business owner, in an effort to understand how the ongoing tariff disputes with the United States are impacting them.

It became so much more.

Pasta and Italian heritage and connections to Haliburton and a whole lot of tomatoes.

The story of OG Cucina was unlike any other.

But let's start at the beginning.

Rewind to 2019. Enter: Daniela Pagliaro. A familiar face around town, from her work with a wide variety of community organizations and artistic endeavours. Though these days, she's known as "the Pasta Lady". We will get to that point soon.

Pagliaro had just been through her second round of breast cancer. She was tired. She was stressed. She was overwhelmed. She was stuck.

"I needed a creative project," said Pagliaro. "I knew I needed to get my hands into something."

Pagliaro has a deeply rooted Italian heritage, linking to her parents on both sides of her family. Her maternal grandmother, Ortenzia Giordano, taught her how to make gnocchi from a young age. And while she enjoyed the craft, it wasn't something she practiced often.

Until she needed to get her hands into something.

And suddenly, the ancient craft of pasta making became a form of meditation for Pagliaro. At this point, she had moved back to Haliburton after calling Toronto home for a number of years. In an effort to find her footing in the small town once again, she began making pasta. For friends. For family members. For neighbours. "People started asking me if they could buy it," she recalls, as we sat in the sun-soaked kitchen; the glint of the morning reflecting off the brass pasta tools. "It didn't start as a business idea. I just knew I loved making pasta."

Pagliaro started OG Cucina (a shout-out to her matriarchal Nonna, Ortenzia Giordano), right on the cusp of the COVID-19 pandemic. But it worked for her. It was exactly what she needed.

Five years in, she now partners with local establishments to sell her products, runs classes alongside local businesses, offers workshops in her warm and cozy kitchen, and provides porch pick-ups for anyone interested in trying her pasta. She is active on Instagram, @OG_Cucina, where you can make orders online. She's moved beyond the original gnocchi shape her Nonna had taught her (though she continues to offer it) and has experienced with new shapes, colours, textures, and tastes.

"The Italian word for female pasta maker is 'la Pastaia' which literally translates to 'Pasta Lady', which is what people say to me when they see me on the street now. 'Hey! Are you the Pasta Lady?'"

Pagliaro recalled feeling a connection to her heritage when she was a youth worker, in Bella Bella, British Columbia. It was here that she was given the opportunity to recognize and partake in a number of Indigenous traditions and practices, with considerable matriarchal ties. "It made me think about my own rich culture, steeped in mythologies" she reflected, "and I started seeing our traditions differently."

A family affair. That's how Pagliaro refers to the Italian experience. "We made passata (strained tomato sauce) every year, since I was in my mom's belly," she chuckled, noting that they make enough for the entirety of the year. When the early stages of a spark were flickering in her mind, Pagliaro contacted her family members. Her parents, her cousins, her aunts and uncles. Each had a different skillset, a different experience, that they could bring to the table - metaphorically and literally.

"As soon as I started making pasta, I felt completely zen and relaxed," she said. "And it continues to be a family affair."

Many Italian cultures carry deeply woven matriarchal values. "Women were literally the ones who kept people alive through the wars," said Pagliaro. And they did it through everything. Times of peace and times of war, they always made it work.

"I wanted to talk about La Cucina Povera," said Pagliaro. "It literally means 'the kitchen of the poor' because that's what these Italian women were working with throughout the war,"

Pagliaro noted that despite financial strife, Italian women were able to source, forage, and grow food to keep their country alive and fed. And there's a certain resilience to that, which has been passed down from generation to generation. "In North America, Italian food has become very elevated. But I always want to make it accessible, in an effort to pay homage to La Cucina Povera."

Pagliaro doesn't believe in starting her own restaurant. "That's a really fast way to go out of business," she chuckled. But she's not totally shutting the door on selling her products in the core of the community. She's made one exception, and for good reason.

Fairly soon, you will be able to purchase her homemade pasta, focaccia, and sandwiches at the newly renamed Redmans Records in downtown Haliburton.

She's made this decision because she has worked with the owner, Kelsey Redman, a gardener and forager herself, on a number of La Cucina Povera initiatives. They both believe in the magic of good, accessible food.

And on top of that? Pagliaro feels ties to that part of the street. "There is a long, strong Italian history there," she noted.

In 1988, local author Leopolda Dobrzensky published *They Worked and Prayed Together: Italians in Haliburton County*, highlighting the significant impact Italian immigrants have had on Haliburton County over the years. In the late 1800s, groups of Italians were brought to the area to work at the old Donald Chemical plant. They were primarily brought in for manual labour, but it was a chance at a new beginning for many.

Conditions were poor, but families chose to plant roots in the community. Now this can (and likely will) be a whole article unto itself at a later date, but in the downtown core, there are photos of Italian families running what was once a small fruit market. Approximately around the same area Redmans Records stands today.

And those Italian roots run deep. Pagliaro can feel it.

That's why she's proud to carry on her heritage, in the same way generations of women before her have done.

"In Italy, the ladies still make pasta out of their homes, much like I do, and people buy it from them, including Michelin Star restaurant owners," she said. "So proud to be a part of that tradition."

As for the tariffs, like any business owner, Pagliaro is letting time tell. Since she doesn't have any large overhead costs, she is primarily concerned about the specific taxes on products from Europe, as well as the increased cost of aluminum, which will impact the tomatoes she uses.

But she sees this as another opportunity to go back to the land, in any way she can. Using local products, partnering with local businesses, and featuring local specialties. While it feels like a long way from Italy, La Cucina Povera can be put into practice anywhere.

And isn't that the point of a legacy? To carry on the traditions? To modify and alter and adapt so that the stories continue?

The day before we sat down in her cozy and warm kitchen, Pagliaro had just wrapped up a March Break cooking class for local kids. There were Italian words printed out and taped around the kitchen, so that the kids could use them properly. They all left with enough pasta to feed their families. And they had been taught a pasta shape that was 1000 years old; hailing from Trapani province of Sicily, and also found in Calabria, where Pagliaro's family comes from.

And while she may be an ocean away from those roots, she's planting them here, and paving her way forward. "My Nonna is in this kitchen," she says, as she peers around at the morning light. "I can still feel her here. She's here."

It started small.

And became so much more.

Pro continues lacrosse camp in Haliburton

THOMAS SMITH
Staff Reporter

Retired professional lacrosse player Scott Stewart will be providing lacrosse camps in Haliburton this year after last year's successful offering.

"It went better than expected," said Stewart. "There was a lot of interest and skills developed by the kids."

By the end of the six week lacrosse camp, the kids involved were able to play full games.

"The parents were even in the stands, cheering," said Stewart.

Growing up in Brantford, Stewart regularly played with youth from the Six Nation Reserve, leading him to join the Six Nations Chiefs, a senior box lacrosse team. Stewart began playing hockey at three years old and lacrosse at eight years old.

"Joining the team really changed a lot for me about lacrosse," said Stewart. "It changed not only my perspective, but my respect for the game."

As a young adult, Stewart shifted to playing hockey in the OHL, but came back to play lacrosse in the National Lacrosse League for twelve years, playing for teams such as the Colorado Mammoth, Edmonton Rush, Minnesota Swarm, and Portland Lumberjax.

Scott Stewart (centre) poses with last year's Raven Lacrosse Camp participants. /Submitted

"The travelling was great," said Stewart. Travelling to different cities for 13 years and being named a top 40 player in 2009 were the best parts of his career, says Stewart.

Lacrosse, also known as the Creator's Game, is very important to several First Nations communities across Canada, especially the Haudenosaunee. When Stewart teaches youth about lacrosse, he tries to share his knowledge of the game and its Indigenous roots.

After Stewart and his wife Nicole came to Haliburton after the birth of their daughter, Stewart learned that there were no opportunities for kids to play lacrosse in Haliburton County. The closest place for them to play is Lindsay.

"We had never been before, but moving here is one of the best things we have ever done," said Stewart.

Last year, the majority of youth that participated in the lacrosse camp had never played the sport before.

"The idea is to slowly grow the game," said Stewart. "One of my goals is to show how much lacrosse can improve your hockey game."

With hockey being the dominant winter sport, as well as a popular sport played throughout the summer, Scott says that lacrosse has the potential to become immensely popular in Haliburton County.

Scott says that playing lacrosse improves hand-eye coordination, mobility, and body positioning.

"If you stop moving in lacrosse, you stop moving," said Stewart. "There's no coasting."

The biggest challenge for lacrosse in Haliburton County is finding the space to play it in. In particular, box lacrosse. Box lacrosse is lacrosse that is played indoors, whereas field lacrosse is played outside. Box lacrosse can be played in arenas while the ice is taken out. However, Stewart has found it difficult to find a time when that is available.

Currently, the lacrosse camp is planned around the Haliburton Home and Cottage Show as the ice will be removed at the A.J. LaRue Arena. A perfect opportunity for kids to have the chance to try out box lacrosse.

Stewart hopes that a team will form in Haliburton County one day. Even the name Raven Lacrosse was chosen with the intention for it to one day become the name of a team.

Stewart also encourages anyone with girls that are interested in playing sports to come out and give lacrosse a try. Currently, his daughter is the only female participant and would love to have more girls to play with.

"There are many opportunities for women in lacrosse," said Stewart. "Especially for things like scholarships."

For now, Stewart hopes to spread the game of lacrosse to the youth of Haliburton County. While there are no current opportunities for adults to play lacrosse, Scott says that is a possibility in the future, if there is enough demand.

The Raven Lacrosse Camp runs from Tuesday, April 29 until May 27 on Tuesdays from 6 p.m. to 7 p.m. The camp will be held at the A.J. LaRue Arena in Haliburton and will cost $125 for five sessions, per child. No experience is necessary and lacrosse sticks, helmet, gloves, shoulder, and arm pads are necessary (protective equipment from hockey is acceptable).

For those interested in signing their children up for Raven Lacrosse Camp, Stewart can be reached through the Raven Lacrosse Facebook page.

Municipality of Dysart et al

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Website: www.dysartetal.ca

NOTICE OF VIRTUAL PUBLIC HEARING
COMMITTEE OF ADJUSTMENT

- **DATE**: Wednesday, April 9th, 2025
- **TIME**: 11:00 am.
- **LOCATION**: The Committee of Adjustment meeting will be held in the Council Chambers and electronically via Zoom. The meeting will be live streamed to YouTube.

APPLICATIONS:

1. D13-MV-2025-002 Harcourt Park Inc. (Marshall)

- The following variance is requested to permit an increased encroachment for an attached deck on a lot located in the WR4L-1 zone:

  a) A variance to Section 3.7(a) to permit an attached deck to extend 4.4 metres (14.4 feet) into a minimum water setback as opposed to the permitted maximum of 3 metres (9.8 feet).

- Location: Part Lot 13, Concession 6, Block 134 & 135, Plan Straggle Lake in the Geographic Township of Harcourt, in the Municipality of Dysart et al.
  Roll No. 030-000-37400-0980 & 030-000-37400-0990 – 1008 Veronica Lane

2. D13-MV-2025-005 Speciale

- The following variance is requested to permit a seasonal dwelling to have an increased structure height on a property in the WR4 zone:

  a) A variance to Section 5.2 to permit a seasonal dwelling to have a maximum structure height of 11 metres (36.1 feet) as opposed to the permitted maximum of 9.5 metres (31.2 feet).

- Location: Part Lot 23, Concession 1, Lot 19, Plan 565 in the Geographic Township of Havelock, in the Municipality of Dysart et al.
  Roll No. 060-000-09300 – 1714 Redkenn Road

FOR MORE INFORMATION about electronic meetings and public participation in an electronic meeting, contact the Secretary-Treasurer at ameijer@dysartetal.ca.

ANY PERSON is entitled to attend the hearing to express his/her views about these applications or may be represented by an agent for that purpose. If you do not attend the hearing the Committee may proceed in your absence, and you will not be entitled to any further notice of the proceedings. The Committee will accept oral and written submissions.

A COPY OF THE DECISION will be sent to the applicant, the agent and to each person who has filed with the Secretary-Treasurer a written request for notice of the decision.

FURTHER INFORMATION: including specific information about the zone provisions affected by each application, and electronic meeting process is available from the Planning and Land Information Department at the Municipal Office by appointment only (8:30 am to 4:30 pm, Monday to Friday) or by phoning 705-457-1740.

Adam Meijer
Secretary-Treasurer, Committee of Adjustment

MUNICIPALITY OF HIGHLANDS EAST — Yours to Explore — highlandseast.ca

Public Notice

Deer Lake, Essonville, Gooderham, McGillivray and South Wilberforce Cemeteries

The Corporation of the Municipality of Highlands East is submitting a Bylaw to the Registrar of the Funeral, Burial and Cremation Services Act, 2002 that will repeal and replace Bylaw #2024-105, being a Bylaw to regulate cemeteries in the Municipality of Highlands East.

Any interested parties may contact the Municipal Clerk for more information or to receive a copy of the proposed bylaw:

Municipal Clerk, Robyn Rogers
2249 Loop Road, Wilberforce, ON
K0M 2K0, 705-448-2981 ext. 422
rrogers@highlandseast.ca

The Bylaw may be inspected or copies provided by visiting the Municipal Office at 2249 Loop Road, Wilberforce.

The proposed Bylaw will also be available on the Municipal website at www.highlandseast.ca March 7, 2025 and reviewed by Council on March 11, 2025 at the Regular Meeting of Council.

The Bylaw is subject to the approval of the Registrar, Funeral, Burial and Cremation Services Act, 2002. Bereavement Authority of Ontario, 647-483-2645 or 1-844-493-6356.

Dated February 27, 2025
Robyn Rogers, Municipal Clerk

Public health unit gets through complicated branding process

JAMES MATTHEWS
Staff Reporter

Formalizing the local public health unit's new name and logo has been an involved and exciting process.

That's how Ron Black, the chairperson of the Haliburton Kawartha Northumberland Peterborough (HKNP) Public Health Unit's board, characterized the process to establish the identity of the new unit.

The former Haliburton, Kawartha, Pine Ridge District unit and the Peterborough unit merged at the start of this year to form the new entity. Black updated the board on its brand development when it met March 20.

"It's been a very interesting and engaging process," he said.

Establishing its image and brand has been one of the more important steps on the new unit's journey toward fruition, he said.

"They want to feel and see and be represented in the direction that we're going," he said.

The public health unit's new official name is still confidential, he said. That's to accommodate further brand engagement and various legalities like trademarking.

All will be launched later in the year.

There may be some question in the region as to why the former health units monickers are still being used.

Black said both legacy health units' old names continue for consistency until the new brand is released.

The HKNP public health unit name, its legal name, is used for legislative purposes.

"In a business sense, we are still using our legacy names," he said.

Devising the new name was integral to the proceeding tasks of designing a logo and a brand. And staff and other stakeholders are continued to be engaged toward that end.

"For continued engagement with Indigenous partners, this has been a critical part of that journey," Black said.

The Indigenous Health Advisory Circle has been involved at several points of the process. A number of First Nations communities will be consulted further in the process.

"So that we can ensure that there is inclusion, which is really important to us, in the identity that we are creating as an organization," he said.

Changing an identity in 2025 has more implication than merely designing new letterhead. It involves changes to information technology, websites, how staff answer phones.

"We'll get there," he said.

Another key facet has been the new entity's organizational structure, he said.

"This has been a key thing so that we can advance both merger work and continue to maintain our operations," Black said.

Telling our Stories

Due to a family illness, Roy MacGregor has had to postpone his much-anticipated presentation at the Telling Our Stories Speakers Series on Wednesday, April 9th. Fortunately, however, Gordon Cressy, who was scheduled to be with us next fall, has agreed to take his place. Mr. Cressy is a superb and often funny story teller and, boy, he has stories to tell. Sharing narratives from his recent book, *Gordon Cressy Tells Great Stories*, he will take on us on a fascinating journey spanning 60 years, including his time in the Caribbean, the south side of Chicago, 50 plus years in Toronto, with stops along the way in Africa and China. Through his stories, Gordon's life unfolds as a fish-out-of-water tale of a kid from North Toronto ending transforming lives, including his own. It is also a story about growing up, about giving and about the people who made Toronto the community it is today. Gordon has been a resident near West Guilford for over 50 years and has volunteered with a wide variety of Highlands organizations.

The Speakers Series, a member of the Haliburton County Community Cooperative, takes place on the second Wednesday of each month from 7 to 9 p.m. at the Haliburton Highlands Outdoor Association Fish Hatchery, 6712 Gelert Road. Admission is $15/person payable at the door or on line at www.tellingourstories.company.site.

As seating is limited, pre-registration is highly recommended. To obtain tickets, contact Barrie Martin at 705-457-7557 or by email at barrieinthehighlands@gmail.com

Submitted

WANTED

Historical photos from around Haliburton County

Preferably from before 1970

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Private campground in the Minden/Haliburton area requires a reliable **SUMMER MAINTENANCE** PERSON from May 10 to October 13, 2025. $20/hour. Duties Include: general maintenance; cleaning park grounds, rec hall, washrooms; operating small grass cutting equipment; ability to lift over 40 lbs; assisting with various small projects as assigned. Approximately 5 hours a day. Morning start time. Willing to work weekends. Must possess a valid "G" driver's license. A good driving record is required. Please submit your resume to **neca.bod@gmail.com**

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400 EMPLOYMENT OPPORTUNITY

Hyland Ice Supply is now accepting applications for the 2025 summer season for Drivers Helpers, Production Staff and Drivers (D, DZ, G). Interviews will be held early April. Please contact us via e-mail or telephone **info@hylandice.com** **705-448-2973** Attention Carol

Youth Coordinator Cambridge Street United Church in Lindsay, ON, is seeking a Youth Coordinator and play a vital role in fostering a welcoming and inclusive environment for the young members of our congregation, guiding them in their spiritual journey, and organizing engaging activities that promote growth and community. The position begins with an average of 20 hours a week for a 3-month period with an initial focus of continuing to develop a core group of children on Sunday mornings in a welcoming, safe, and faith-based environment based on the teachings of Jesus. The plan is to also explore programming for events over the summer months. A position description can be found on our website www.theunitedchurch.com. Application deadline April 15, 2025.

435 TENDERS

REQUEST FOR TENDERS

ADVERTISING ON SIDE OF ICE RESURFACER
AT THE A.J. LaRUE ARENA
3 Year Contract
July 1, 2025 to June 30, 2028

The Municipality of Dysart et al is requesting tenders for advertising on the **SIDES** of the Ice Resurfacer at the A.J. LaRue Arena.
Tenders must be received on or before 3:00 p.m. on Monday, April 7, 2025.

Lowest or any tender not necessarily accepted.

ADVERTISING ON FRONT OF ICE RESURFACER
AT THE A.J. LaRUE ARENA
3 Year Contract
July 1, 2025 to June 30, 2028

The Municipality of Dysart et al is requesting tenders for advertising on the **FRONT** of the Ice Resurfacer at the A.J. LaRue Arena.
Tenders must be received on or before 3:00 p.m. on Monday, April 7, 2025.

Lowest or any tender not necessarily accepted.

Specifications and Tender Forms can be obtained at the Dysart Municipal Office, 135 Maple Avenue, Haliburton, ON.

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In Loving Memory of
Gordon Wayne Barter "Gordie"

It is with heavy hearts that we announce the sudden passing of Gord at his home in Minden.

Gord was a proud Newfie who was always joking and he was everyone's favourite face at the golf course. He adored his grandkids — Danica, Lincoln, Rome, and Naia — more than anything else in this world.

Gord leaves behind his beloved wife Karen, son Todd (Lindsay), daughter Danielle (Gavin), his cherished grandchildren, and his sister Karen. Predeceased by his parents Arthur and Ethel Mae. His family was everything to him, and he will be deeply missed by all who were lucky enough to know him.

A true character with a heart of gold, Gord's memory will live on in the laughter and love he brought into every room. Rest easy, Gord — your jokes, your smile, and your love will never be forgotten.

The family wishes to thank all who have reached out with love and support during this time.

Gord's Golf Day will be held this summer to celebrate his life on a date and time that will be announced.

Memorial Donations to the Haliburton Highlands Health Services Foundation (HHHSF) would be appreciated by the family and can be arranged through the Gordon A. Monk Funeral Home Ltd., P.O. Box 427, Minden, Ontario K0M 2K0.

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Public meeting

Residents hear plans for new condo on Mountain St. 3

COSSA loss

Red Hawks return winless from central Ontario championships 25

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Total 40 pages
Publications mail agreement # 40063862
Tuesday, March 13, 2012

Darren Lum Staff

Red Hawks snowboarder Greg Foster won gold at the Ontario Federation of School Athletic Association championships held at the Mansfield Ski Club on March 1. Foster is seeking sponsorship to compete at the nationals coming up.

Wins fuel student's Olympic dreams

Darren Lum
Staff reporter

Just like the model airplanes scattered throughout his house, he's ready to soar.

Red Hawks snowboarder Greg Foster has greater reason to smile as he is coloured gold after capturing the Ontario Federation of School Athletic Associations (OFSAA) championship at the Mansfield Ski Club on March 1.

The 18-year-old Haliburton Highlands Secondary School (HHSS) senior said he was shocked at the win when he heard his name announced.

"Standing at the back, thinking I wasn't going to get it because I knew I was behind after the first run so I was thinking I've got to be second or third and then they didn't mention my name at all. Then they said my name [as the first place finisher]. 'Holy crap, I did it,'" he said.

Entering the second run of a com-

see SNOWBOARD page 18

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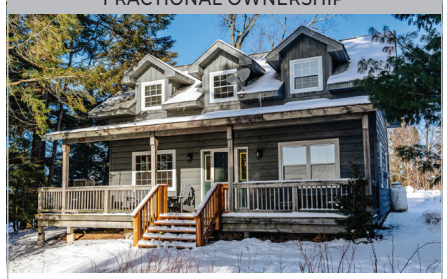

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